



Brown County Association for Home and Community Education Newsletter



Executive Board

President:	Louise Dahlke	362-4756
President Elect/Past:	Vacant	
Secretary:	Arleene Miller	621-4620
Treasurer:	Chris Berner	336-3482

Center Advisors

De Pere Ridge:	Marge Hutjens	336-5984
Green Bay East:	Joyce Grulke	863-6603
Green Bay West:	Leona Bergmann	499-9217

Address

Extension Brown County
2019 Technology Way, #113
Green Bay, WI 54311

Phone: (920) 391-4610

Presidents Letter

Louise Dahlke

January and February were pretty quiet however we will get busy in the next couple of months. We have a really interesting program planned for March 10th, Enhance your Brain Health, please plan to attend and remember to sign up ahead. April 14th is our annual salad supper. This year we are going to do things a little different. We are asking ALL members who bring a salad to enter through the BACK door, the door closest to the kitchen. You will then purchase your meal ticket for \$5.00, you **will not be able to purchase the reduced price ticket at the front door**. If you have any raffle items please take those to the front raffle area, the people selling tickets will direct you to the raffle area. We still need members to help in many areas for the salad supper, please contact me at 362-4756 and let me know what area you and/or your club members will help in. Soon every club should be receiving the large and small flyers to advertise our Salad Supper on April 14th, please distribute them. Our annual Spring Brown County Association Meeting is on April 24th at the STEM Center at 9:30 a.m. The form HCE Impact (member contributions) is in this news letter, please note these are the contributions, activities and time donated in the 'name' of HCE. Our county was very close to winning this last year, so I hope everyone has been keeping track since last June! The form is to be filled out by each member with information from **June 1, 2019 thru May 30, 2020**, please try to fill in as much information as possible from memory and mail to Louise by June 5, 2019. If your club wants to compile the information onto one sheet that is great, however, I do have to know the total number of members reporting. Please also fill out the short 4 question survey for HCE Healthy Life Style and **mail to Louise before June 1, 2020**. Again if the club wants to compile this onto one form great, however again I do need the total number of members reporting. I will combine all of our county information and email our County total to our state VP of Family and Community Life, please do not mail anything to the State person, her information is on the form for me. Remember to fill out the Scholarship Form and Member of the Year form before April 1st. Have a great March. Louise



Sun	Mo	Tues	Wed	Thurs	Fri	Sat
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				



Sun	Mo	Tue	Wed	Thurs	Fri	Sat
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		



Sun	Mo	Tues	Wed	Thurs	Fri	Sat
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24/ 31	25	26	27	28	29	30

March 8

Daylight Savings

Time to turn the clock forward one hour.

March 10

Enhance Your Brain Health

@ STEM Innovation Center, 10:00 am. Presented by Pat Ross, Carol Hutjens, and Judy Knudson

April 1

Scholarship / Outstanding Member

Forms are due by 4:30 pm

April 14

25th Annual Salad Supper

@ St. John Lutheran Church, De Pere; 5:00 pm; inquire about helping and bring a salad

April 21

Northeast District Spring Meeting

@ Cobble Creek Dining, Brillion, hosted by Calumet County HCE

April 24

BCHCE Spring Association Meeting

@ STEM Innovation Center, rm. 136; meeting 9:30 am

April 28

CBD Oil / Product

@ STEM Innovation Center; Time ? Presented by Liz Binversie & Alex

May 13

BCHCE Spring Banquet

@ The Rite Place, 5:00 Gather, 6:00 dinner. More information in this newsletter

May TBD

Buttons

@ STEM Innovation Center, Time TBA. Presented by Melody Urban

Salad Supper Flyers



The 25th Annual Salad Supper flyers will be sent out the first week of March to club presidents.

Daylight Savings



Change the clock it's daylight savings time, **Sunday, March 8th**. The clock gets turned forward one hour. Remember to recheck or replace smoke detector batteries, make sure they're in good working order.

Enhance Your Brain Health



A program on brain health will be presented on **March 10th at 10:00 am**. Get informed on how to strengthen and boost the wellness of your brain. Judy Knudson, Carol Hutjens, and Pat Ross will be presenting this program.

BCHCE Scholarship / Outstanding Member



April 1st.

State Conference Scholarship and the Brown County Association for Home and Community Education Outstanding Member Recognition forms are **due**

25th Annual Salad Supper

April 14



The 25th Annual Salad Supper will be at St. John Lutheran Church in De Pere. The event begins at **5:00 pm on Tuesday, April 14th**. HCE members are asked to bring a salad that serves 10-12 people.

There will also be raffles. Please inquire about helping with the Salad Supper needs or other questions, by contacting Louise Dahlke.

Northeast District Spring Meeting

April 21

The Spring Northeast District Meeting will be held **April 21st** at Cobblestone Creek Dining in Brillion. More information will appear in following newsletter.

BCHCE Spring Association Meeting

April 24

BCHCE Association Meeting will be at the STEM Innovation Center on **April 24th** with meeting to start at **9:30 am**.

Welcome



Please welcome new HCE member **Sandi Aerts**. Sandi has joined the Ledgeview Club. Welcome Sandi to Brown County Association for Home and Community Education.

CBD Oil / Products

April 28

The program session on CBD will be at the STEM Innovation Center on **April 28th, time TBD**. The program will be presented by Liz Binversie, Extension Brown County Agriculture Agent and Alex.



BCHCE Spring Banquet

The Brown County Association for Home and Community Education Banquet will be on **Wednesday, May 13th** at **The Rite Place** with social at 5:00 pm and dinner at 6:00 pm. Meal cost is set at \$15. We will have a basket raffle. A maximum \$25 basket or plant would be appreciated per club or individual. We also request items for Love Life Ministry. Love Life is an ecumenical outreach ministry that fulfills basic needs for infants and children under three years of age for low income families in our area. Items needed are diapers, baby wash, wipes, lotion, burp clothes, sleepwear, onesies, clothing, rattles, bibs, diaper rash ointment, caps and hats.



Green Bay West Center Report

Center Advisor: **Leona Bergmann**



Lucky Pennies-January meeting at Lois's home, with refreshments served and 8 members attended; organized meetings for the 2020 year. Norma attended the Stress & Resilience program February 4th. Members are also planning to attend the Habitat for Humanity meeting when more information is received.

Mother Earth-First meeting of the year began with a very inspirational talk from one of their members. One member attended the Stress & Resilience program February 4th.

Twilight Twelve-Members attended the Fall Gathering and enjoyed it very much. Members attended the Stress & Resilience program at the STEM Center. They are planning to go to the Habitat for Humanity meeting when the information is available.

All clubs are looking forward to a good year for BCHCE.

2020 Earth Day Turns 50

Do you know who developed or founded Earth Day?

Senator Gaylord Nelson of Wisconsin

Do you know the *date* Earth Day is celebrated? **April 22nd**

What *year* was the 1st Earth Day celebrated? **1970**

Do you remember if you were a part of the first Earth Day celebration in your home town or elsewhere? If so, what or how did you contribute?

What is Earth Day all about? **Education on environmental issues.**

Keep America Beautiful!



An AA/EEO employer, University of Wisconsin-Madison Division of Extension provides equal opportunities in employment and programming, including Title VI, Title IX and ADA requirements.

March 2020

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Citizenship

Shirley Nooyen

Military Packages

The military men and women can use items all year long. For instructions on how and where to send packages and for boxes at post office or fill customs form for military care kits at UPS website.

It takes at least 2 weeks and longer for holidays.

Example of some items that are good to send:

Letters, pens/pencils, cards/stationary (skip the stamps), calendars; puzzles - word search / cross word /comic strips / games / playing cards; flip flops / lip balm

Food Items

Beef sticks / dried fruit / granola bars / trail or Chex Mix / hard candy / crackers, squeezable jiffy, assorted nuts / cookies, bars homemade or store bought

Folgers individual coffee / Gatorade (to additive in water) assorted teas; snack and sandwich size zip lock bags / disposable razors / shaving gel (non -aerosol) / tooth paste / tooth brushes / small sample size shampoo, bars of soap / black or green tube socks

WI/Nicaragua Project



Remember when you are doing your spring cleaning that the items you may not need, may be a treasure for others.

Directions for Impact of HCE

Member Contribution Report



HCE Members, including officers at all levels: Please use the Member Contribution Report table to keep track of your HCE contributions to your community. Just record your hours at HCE events, fundraising for HCE, community outreach/volunteering, and the value of donations to HCE each month of the year, June through May.

Then total each month and the entire year within the four categories.

Send the completed form to a designated person within your County before June 10, 2020. That person will add up the total hours and dollars for the year and submit it for the entire County:

Candy Making

Check out candy making to be held sometime in the fall of 2020.

International

Shirley Nooyen

Do You Travel?



I would like to publish everyone's travel stories or vacations. Be it traveling in the U.S. or abroad, we would love to hear your tale. While traveling learn other ways of living and learn inside knowledge, enjoy local taste and culture. Hope to hear about your vacations. Please send your report to Shirley Nooyen.

Message from President

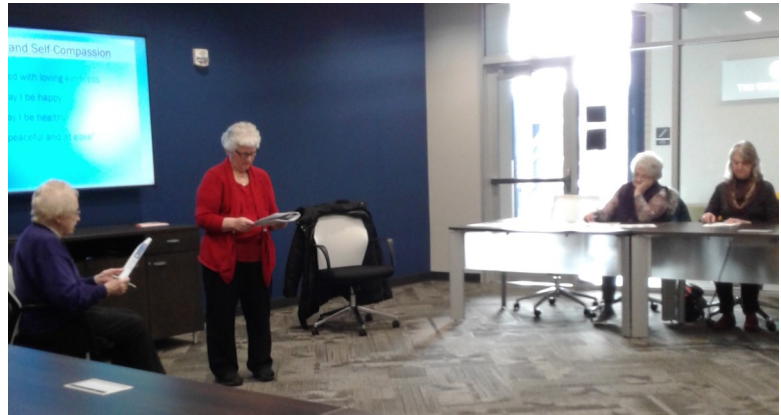
This is a reminder to all members to **not purchase** any items for the salad supper. I have all of the supplies that we purchased for BCHCE in the past. Any other items such as bread, butter, creamers, milk, sugar, etc. **will be purchased by Louise**, please Do Not purchase anything until you check with me. Thank You.

The committee has decided to have a special price for members who bring a salad or salads for the April Salad Supper at St. John Lutheran Church in De Pere, each member will purchase a ticket at the back door for only \$5.00.

We would like all members or clubs who have raffle items to please bring them to the front door area where the raffle items will be displayed and tickets sold. There is also a lower price for children 10 and under, this is noted on the flyer.

Stress and Resilience Program

The session on Stress and Resilience was held February 4th. (Photos by Joan Laehn)



Buttons

Have you lost a button? Keep up to date for more information on a May program session on Buttons at the STEM Innovation Center. The program will be presented by Melody Urban.



HCE MEMBER CONTRIBUTION REPORT FOR JUNE 2019 THRU MAY 2020 (See reverse side for directions)

Club member's Name:

County:

Club:

Event: Time spent in hours	June	July	August	Sept.	Oct.	Nov.	Dec.	Jan.	Feb.	March	April	May	Total Hours
County HCE Executive Board Meetings													
County HCE Spring Event													
County HCE Fall Event													
County HCE Educational Sessions													
HCE Club Meetings													
HCE District Meetings													
HCE State Meetings													
Event: Total Hours													
Fundraising Activities: Time spent	June	July	August	Sept.	Oct.	Nov.	Dec.	Jan.	Feb.	March	April	May	Total Hours
Fundraising Activities Total Hours													
Community Outreach: Time Spent	June	July	August	Sept.	Oct.	Nov.	Dec.	Jan.	Feb.	March	April	May	Total Hours
Wisconsin Bookworms Reading Program													
Community Outreach Total Hours													
Donations: Estimated \$ value	June	July	August	Sept.	Oct.	Nov.	Dec.	Jan.	Feb.	March	April	May	Total Value
Donations: Total Estimated \$ Value													



Wisconsin Association for Home
and Community Education, Inc.

HCE Healthy Lifestyle Survey

Get moving and eat healthy with HCE members across Wisconsin. Please reply to this 4-question survey about maintaining your healthy lifestyle for thirteen weeks, between February 16 and May 9, 2020.

Name (optional) _____

County _____, Wisconsin

1. Which activities do you usually participate in weekly? Check all that apply.

☐ walking ☐ hiking ☐ running ☐ dancing ☐ bowling
☐ biking ☐ spinning ☐ yoga ☐ swimming ☐ Tai Chi
☐ Strong Bones or other exercise class ☐ exercise DVD
☐ Other (please list) _____

2. How many times a week are you usually active for ½ hour or more?

☐ 5 or more ☐ 3 or 4 ☐ 1 or 2 ☐ zero

3. How many ½ cup servings of fruits & vegetables do you usually eat daily?

☐ 8 or more ☐ 5 - 7 ☐ 1 - 4 ☐ zero

4. How much of your diet is raised, grown or made within 100 miles of you?

☐ Most ☐ About half ☐ Some ☐ Very little ☐ Unsure

Questions? Email Veronica at va914@yahoo.com or phone **608-547-8415**.

Return your completed forms to your County coordinator, or email or mail individual surveys by June 15, 2020.

Send results to: Vice President of Family and Community Life
Veronica Sustar
N2894 Overgaard Road
Mauston, WI 53948

